

## Wellness Committee Meeting Notes for December 10, 2009, meeting

The Wellness Committee is working on developing our "Wellness Policy" and "Program". We set out to work on the following ideas:

- Develop a "personal" survey to determine where each individual may want to concentrate their efforts or goal(s) for 2010. (Example, I am sure my primary goal will be weight loss and my efforts will involve dieting and exercise).
- Looked at possible items we need to purchase or obtain for our programs, i.e. things like weight equipment, elliptical, stationary bike, other items.
- Avenues we could use to reward individuals for successful work on their individual program.
- Group activities, like a walking group, running group, weight lifting teams, etc. We believe it is easier to be successful if we do things as groups or at least with a buddy.
- We discussed entering events as a City Team like the Bridge Crossing in Astoria, the beach run walk here, and local events like last years trail dedication, maybe starting our own biking group on the trail and make it public so other local or interested folks could join us. Another idea we all like is Kayaking, but we need to work on this as it is more specialized. We also discussed bigger events on an area or regional basis like the Seattle to Portland bike ride. (If one of our staff and/or spouse participated we would develop some kind of special recognition for them.)
- Work on problem issues such as stop smoking programs for those individuals who want to do this, we will not force anyone to do any of the programs.
- Other areas of concentration with information is nutrition, health care (like getting regular physicals as age appropriate), flu shots annually (about half of us or more do this now), use of seat belts (again most of us do this, but we will continue to provide appropriate education on the issue), and good mental health (which our whole committee even involves programs to help all employees present a positive and "I can help you" face to our citizens and visitors).